

Name: _____

My Vision for Wellbeing

Sample vision statements:

- I have a job I love that uses my greatest strengths and am saving for emergencies, travel and retirement.
 - My home is clean, organized and inviting.
 - I'm spending time each week reflecting on things I'm grateful for.
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As you reflect on your wellness wheel and the sample vision statements we've provided ...

What do you want to keep doing?

What do you want to change?



As you imagine living in this way, what does your life look like? *(We encourage you to write statements in positive, present tense language starting with words like “I am” and “I have.”)*

